



# City of Santa Barbara

## Parks and Recreation Department

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)

[www.SantaBarbaraCA.gov](http://www.SantaBarbaraCA.gov)

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## Santa Barbara Junior Lifeguards

**1118 E. Cabrillo Blvd., Santa Barbara CA 93103**

**(805) 897-2680**

Dear Junior Lifeguard Parents,

Welcome to the 2014 Junior Lifeguard Program! Whether this is your first time with us or you are coming back for another great summer. As we enter our 45<sup>th</sup> year, we are excited that you have chosen us to be a part of your child's summer plans, and we guarantee lots of fun and hard work. Your children will embark upon a disciplined but rewarding training program, teaching them the many components required of a true ocean lifeguard. Expect them to be physically tired after many fun-filled days of running, swimming, paddling, and other training drills.

The 2014 Jr. Lifeguard Instructor Staff and Program Aides all participated in the Santa Barbara Jr. Lifeguard Program and have a combined over 75 years of connection to our program. We are so proud of our current and former employees that work as permanent ocean lifeguards, firefighters, teachers, coaches, doctors and in many other successful career fields.

This letter serves a number of purposes. Most importantly it is used to communicate aspects of the program; program expectations, uniform requirements, order forms, trip dates, sign-ups and deadlines. Please take the time to read all of the important information and dates contained within this letter.

Due to the large number of participants in the Junior Lifeguard Program, we always rely on parent participation. As we list our events, we ask that you consider joining us, as a volunteer, on one or more days.

In an effort to reduce paper waste we have placed all of our program calendars and forms on the Junior Lifeguard Program website for viewing or to download. Hard copies can be mailed upon request: [www.santabarbaraca.gov/summerfun/jr\\_lifeguards.htm](http://www.santabarbaraca.gov/summerfun/jr_lifeguards.htm)

We use **[SantaBarbaraJuniorGuard@gmail.com](mailto:SantaBarbaraJuniorGuard@gmail.com)** to communicate timely updates and information with you throughout the program.

Please check the website frequently, we will be updating and posting new information throughout the upcoming months.

The following forms will be available on the Jr. Lifeguard website:

- Rules, Regulations, and Responsibilities Sheet
- Excused Absence Report Forms
- Group Calendars
- Extra Uniform Order Form
  - Program Long Sleeve T-Shirt, Hooded Sweatshirt, Sweatpants
- Boat Trip Preference & Waiver Forms

- Group Picture Order Form
- Competition Bus Sign-Up Form

A parent's meeting will be held on Wednesday May 21 from 6:00-7:00pm at Chase Palm Park. The instructors will be there to discuss the upcoming summer, answer questions, and collect order forms. All parents are encouraged to attend.

### **Swim Test/Tryouts:**

To qualify for the program, **new participants only** must successfully pass a three-part swim test: 100-meter pool swim in 2:20 or less; 4 minutes of treading water; and a 15-yard under water swim. The swim test will be on Saturday, May 10. If you are unable to attend the swim test on May 10, we allow make-ups during the final week of our Jr. Lifeguard Swim Lessons (May 27, 28 and 29) from 7:15 – 8:15 p.m. If you are unable to attend the make-up swim test, the final option for program admittance is an ocean swim test for everyone on the first day of the program. This will determine each participant's ability to swim in open water.

### **Daily Program Routine:**

Every day, beginning at 10:30 a.m. sharp, Junior Lifeguards meet on the beach in front of the Cabrillo Bathhouse, by their group's appropriate flag, and may be picked up here at 2pm. Parents are responsible for their children before 10:30 a.m. and after 2:00 p.m.. These times and locations will only change for special events. Program calendars and the website will list specific special events.

### **Pick up and Drop Off:**

Pick up and Drop Off is conducted at the end of the West parking lot at East Beach nearest the Cabrillo Bathhouse. We strongly encourage families to carpool, and when dropping off or picking up your child, be mindful of the other 20-30 vehicles attempting to do the same thing. If you remain with your car, or briefly step way to collect your child then no parking fee is necessary. During pick-up we assign Jr. Lifeguard Instructors to ensure all participants are picked up.

**A Tetanus Shot:** Is **highly** recommended for your child, due to the potential hazard created by random debris (sticks and rocks) washed onto our shoreline.

**A Hepatitis Shot:** A Hepatitis "A" shot is recommended for your child, due to the potential hazard created from creek run-off. However, the Aquatics Office receives the ocean monitoring results weekly and informs the Jr. Guard instructors who will modify the daily activities to prevent potential contact.

### **\*\* Highlights and Dates to Anticipate \*\***

### **Junior Lifeguard Parent Night:**

Held on Wednesday May 21 from 6:00 – 7:00pm at the Chase Palm Park Center located at 236 E. Cabrillo Blvd.

**Santa Cruz Island Boat Trips:**

Offered on July 8 & July 30 we have scheduled two chartered boat trips to Santa Cruz Island.

**Carpinteria Competition:**

Held on Friday July 18 at Carpinteria City Beach.

**Jr. Guard Regionals:**

Held Regionals (State Championships) will be held at Huntington State Beach on July 25

**Movie Nights:**

Held on July 15 and July 23, upstairs at the Cabrillo Pavilion from 6-9pm

**Santa Barbara Fiesta Competition:**

Held on Friday, August 1 at East Beach.

**Rincon Surf Day:**

Held on August 4, all participants will spend August 4<sup>th</sup> at Rincon.

**Final Barbecue/Awards Banquet:**

Held Friday, August 8<sup>th</sup> on the sand at East Beach in front of the Bathhouse from 5 to 7pm

More information about all of the above listed events can be found on the Junior Lifeguard website, [santabarbaraca.gov/juniorlifeguards](http://santabarbaraca.gov/juniorlifeguards).

As Instructors of the Junior Lifeguard Program, we are always interested in your questions and/or comments. Please feel free to drop a note, e-mail, or call the office at (805) 897-2680 weekdays from 2:00 – 4:00 during the course of the program.

We truly appreciate the support we receive, and we couldn't do it without you! We are anxiously counting down the days and very much looking forward to getting to know your kids.

See you on the beach!!!

Jr. Lifeguard Instructors